

Beginning Pilates

This class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

Cardio Combo

1 hr, 11 weeks: This starts with a arm-up, low impact cardio aerobics and then mix it up with basic step aerobics for those new to step, interspersed with strength work for upper body and core, and then cool-down with stretching for flexibility.

Fit & Fabulous

This class will be composed of low impact cardio and muscle conditioning to start off the morning right!

H.E.R.O. Family Program

30 min, 6 weeks: HERO- Helping Everyone Respect Others. For 4-5 year olds. This popular 6 week program is designed t teach individuals the basics of Martial Arts training through drills and games which will enhance fine motor skills and also instill courtesy and respect for each other. This program is excellent for building self-esteem, self-confidence and self-control.

Hip Hop Dance

Learn basic steps of the Jitterbug, Charleston, and the Lindy Hop. We will be leading and following, turning, and kicking in the East Coast Swing Style. This is a couple's class and each person needs to register.

Low Impact Step Aerobics

10 weeks: This class offers seniors an alternate aerobic workout by using a series of basic step combinations with the step platforms to add a variety to the cardiovascular workout. Muscle conditioning and a relaxing stretch are included in this hour.

Super Sculpt

A class that uses weights, bands, body bars, and gravity to strengthen and tone all major muscle groups.

Registration class information can be found in the Parks & Recreation Brochure.

Classes are available for Residents and Non-Residents of Scottsdale.

The following classes are available for drop-ins:

| Cactus Aquatic & Fitness Center | |
|---------------------------------|-----|
| PILATES | \$7 |
| CARDIO COMBO | \$6 |
| SUPER SCULPT | \$6 |
| STEP ON IT | \$6 |
| FIT & FABULOUS | \$6 |
| FLEXABILITY | \$6 |
| LOW IMPACT STEP AEROBICS | \$6 |

The remainder of the classes are registration only.

For further questions, please feel free to contact Leisure Education at: (480) 312-7957